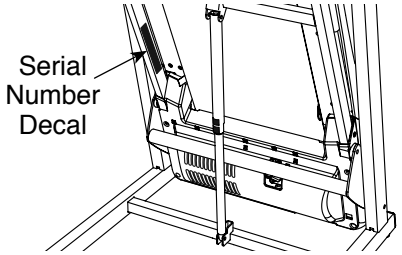
WESLO®
CADENCE 21.5

Model No. WETL49713.0
Serial No. _____

Write the serial number in the space above for reference.



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From Ireland: 053 92 36102
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c/o HI Group PLC
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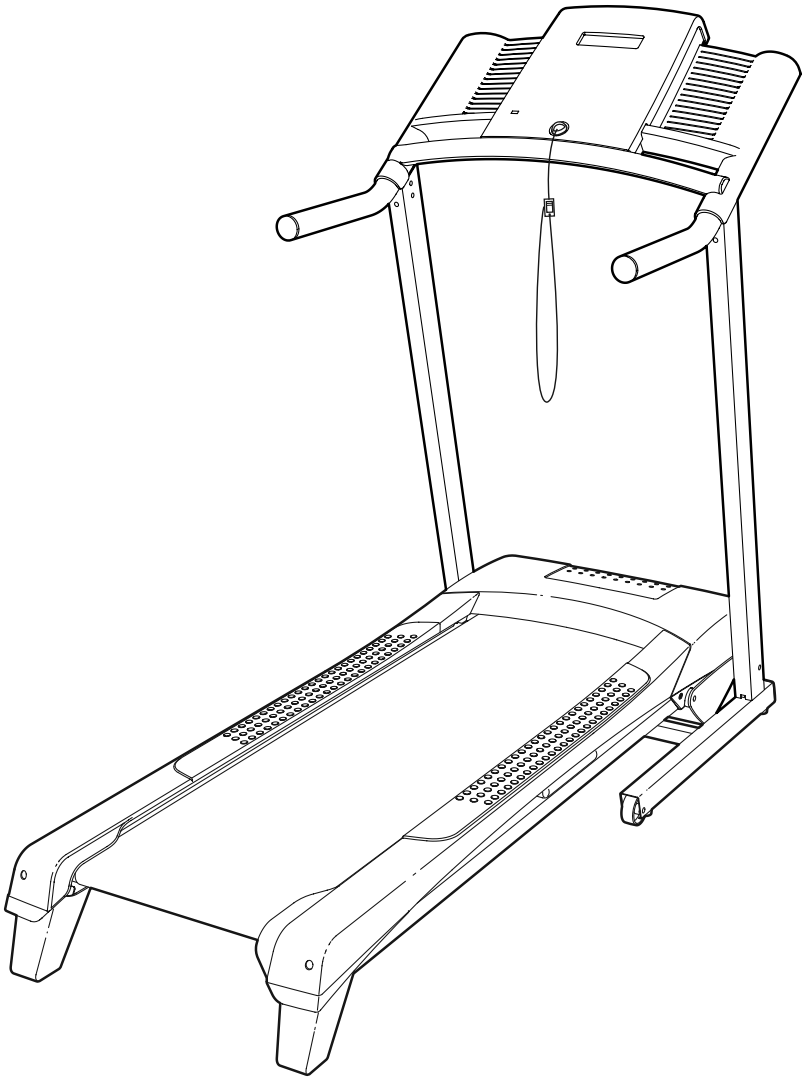
UNITED KINGDOM

AUSTRALIA
Call: 1800 993 770
E-mail: australiacc@iconfitness.com
Write:
ICON Health & Fitness
PO Box 635
WINSTON HILLS NSW 2153
AUSTRALIA

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

USER'S MANUAL



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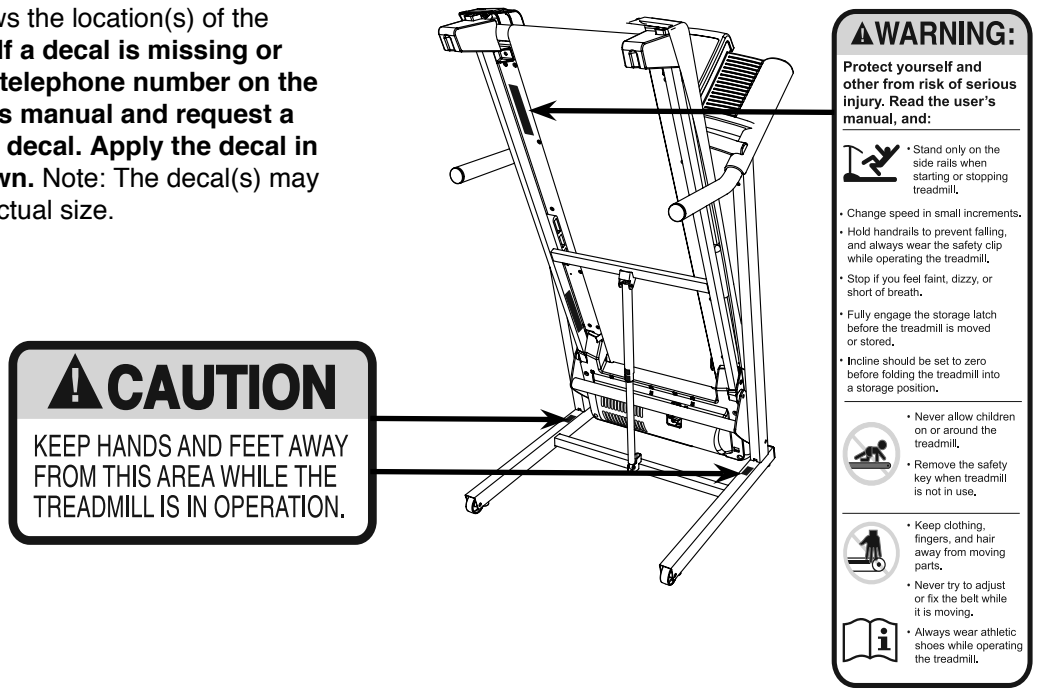
WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.


CAUTION
KEEP HANDS AND FEET AWAY FROM THIS AREA WHILE THE TREADMILL IS IN OPERATION.
WARNING:
Protect yourself and other from risk of serious injury. Read the user's manual, and:
• Stand only on the side rails when starting or stopping treadmill.
• Change speed in small increments.
• Hold handrails to prevent falling, and always wear the safety clip while operating the treadmill.
• Stop if you feel faint, dizzy, or short of breath.
• Fully engage the storage latch before the treadmill is moved or stored.
• Incline should be set to zero before folding the treadmill into a storage position.
• Never allow children on or around the treadmill.
• Remove the safety key when treadmill is not in use.
• Keep clothing, fingers, and hair away from moving parts.
• Never try to adjust or fix the belt while it is moving.
• Always wear athletic shoes while operating the treadmill.

WESLO is a registered trademark of ICON IP, Inc.

IMPORTANT PRECAUTIONS

⚠WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read all important precautions and instructions in this manual and all warnings on your treadmill before using your treadmill. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. **It is the responsibility of the owner to ensure that all users of the treadmill are adequately informed of all precautions.**

2. **Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.**

3. **Use the treadmill only as described in this manual.**

4. **The treadmill is intended for home use only. Do not use the treadmill in a commercial, rental, or institutional setting.**

5. **Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.**

6. **Place the treadmill on a level surface, with at least 8 ft. (2.4 m) of clearance behind it and 2 ft. (0.6 m) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.**

7. **Do not operate the treadmill where aerosol products are used or where oxygen is being administered.**

8. **Keep children under age 12 and pets away from the treadmill at all times.**

9. **The treadmill should not be used by persons weighing more than 265 lbs. (120 kg).**

10. **Never allow more than one person on the treadmill at a time.**

11. **Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes; never use the treadmill with bare feet, wearing only stockings, or in sandals.***

12. **When connecting the power cord (see page 12), plug the power cord into an earthed circuit. No other appliance should be on the same circuit. When replacing the fuse in the power cord adapter, insert an ASTA-approved BS1362, 13-amp fuse into the fuse carrier.**

13. **If an extension cord is needed, use only a 3-conductor, 14-gauge (1 mm^2) cord that is no longer than 5 ft. (1.5 m).**

14. **Keep the power cord away from heated surfaces.**

15. **Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See TROUBLESHOOTING on page 18 if the treadmill is not working properly.)**

16. **Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 14).**

17. **Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.**

18. **The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.**

19. **The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.**

20. **Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord, and press the power switch to the off position when the treadmill is not in use. (See the drawing on page 5 for the location of the power switch.)**

21. **Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 7 and HOW TO FOLD AND MOVE THE TREADMILL on page 17.) You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.**

22. **When folding or moving the treadmill, make sure that the storage latch is holding the frame securely in the storage position.**

23. **Do not change the incline of the treadmill by placing objects under the treadmill.**

24. **Never drop or insert any object into any opening on the treadmill.**

25. **Inspect and properly tighten all parts regularly. Replace any worn parts immediately.**

26. **DANGER: Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.**

27. **Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.**

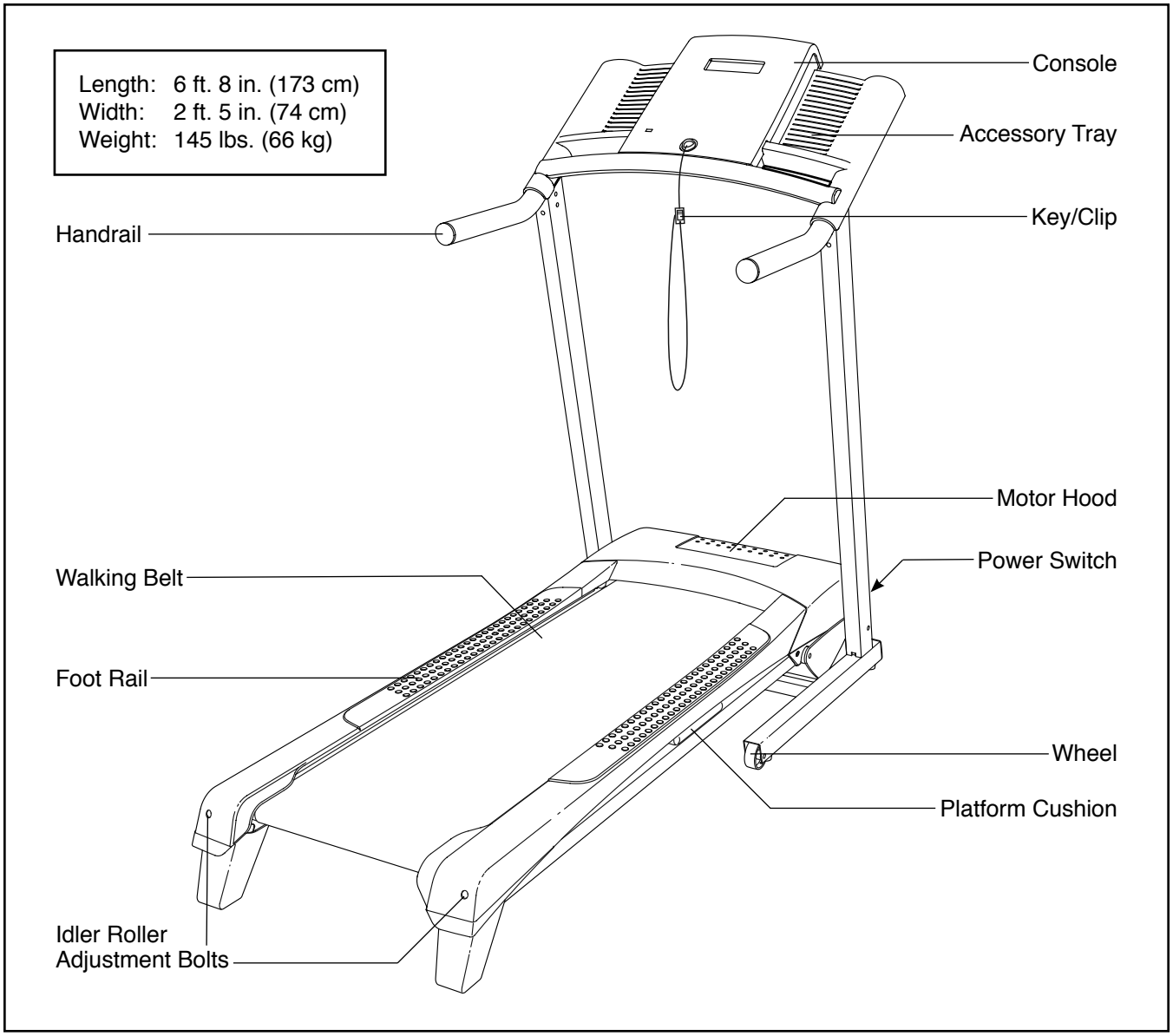
SAVE THESE INSTRUCTIONS

BEFORE YOU BEGIN

Thank you for selecting the new WESLO® CADENCE 21.5 treadmill. The CADENCE 21.5 treadmill offers a selection of features designed to make your workouts at home more effective. And when you're not exercising, the unique treadmill can be folded up, requiring less than half the floor space of other treadmills.

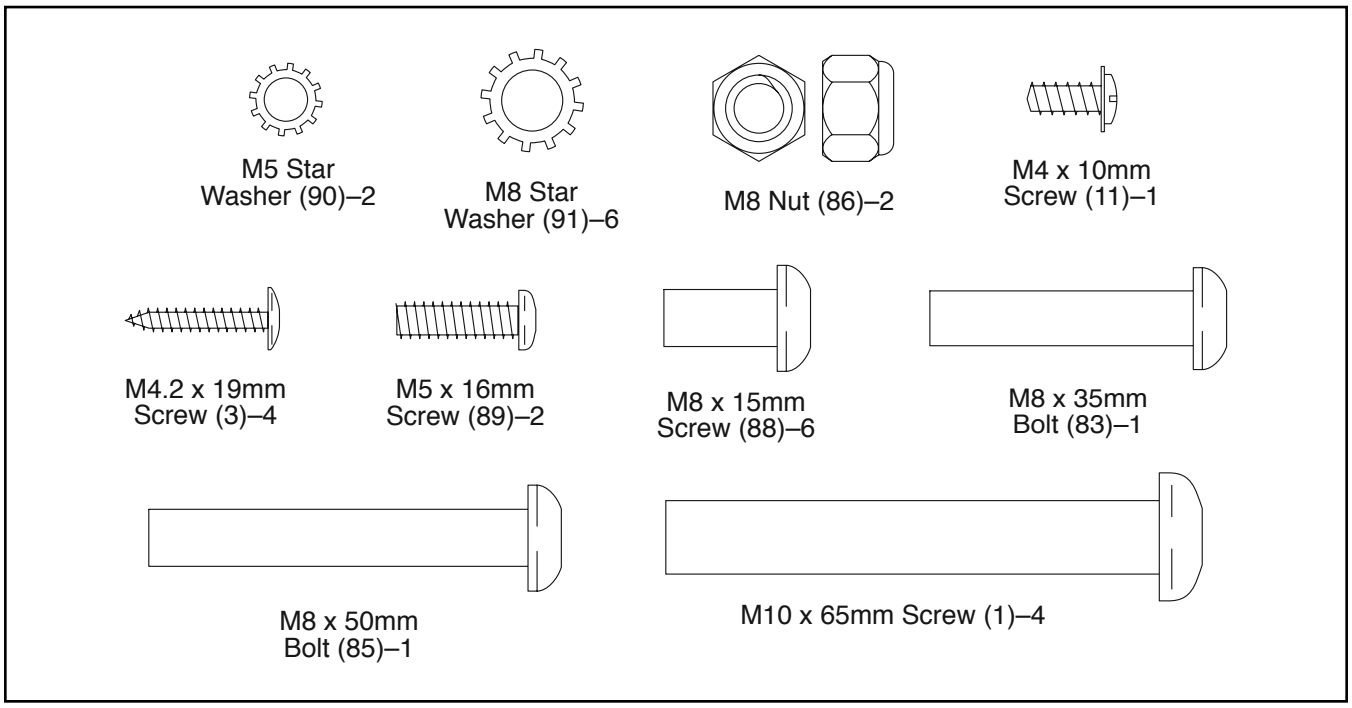
For your benefit, read this manual carefully before using the treadmill. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please review the drawing below and familiarize yourself with the labeled parts.



PART IDENTIFICATION CHART

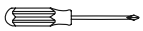
Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it has been preassembled. Extra parts may be included.**


M5 Star Washer (90)–2
M8 Star Washer (91)–6
M8 Nut (86)–2
M4 x 10mm Screw (11)–1
M4.2 x 19mm Screw (3)–4
M5 x 16mm Screw (89)–2
M8 x 15mm Screw (88)–6
M8 x 35mm Bolt (83)–1
M8 x 50mm Bolt (85)–1
M10 x 65mm Screw (1)–4

ASSEMBLY

- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- After shipping, there may be an oily substance on the exterior of the treadmill. This is normal. If there is an oily substance on the treadmill, wipe it off with a soft cloth and a mild, non-abrasive cleaner.
- Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”
- To identify small parts, see page 6.
- Assembly requires the following tools:

the included hex keys

one Phillips screwdriver 

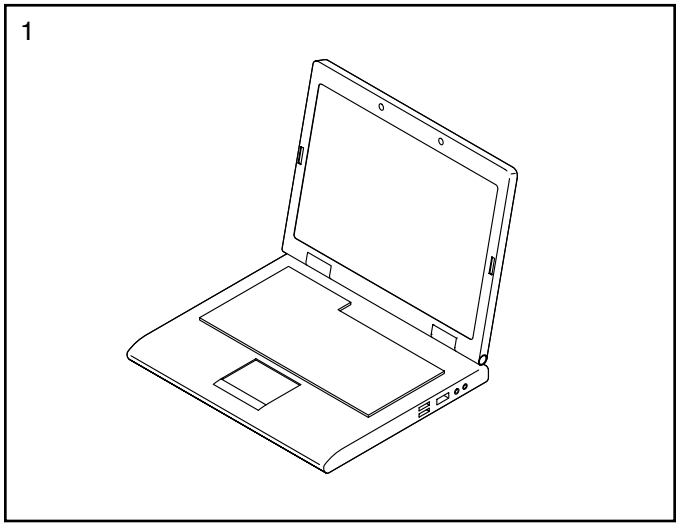
needlenose pliers

To avoid damaging parts, do not use power tools.

1. **Go to www.iconsupport.eu on your computer and register your product.**

   - activates your warranty
   - saves you time if you ever need to contact Customer Service
   - allows us to notify you of upgrades and offers

   Note: If you do not have Internet access, call Customer Service (see the front cover of this manual) and register your product.

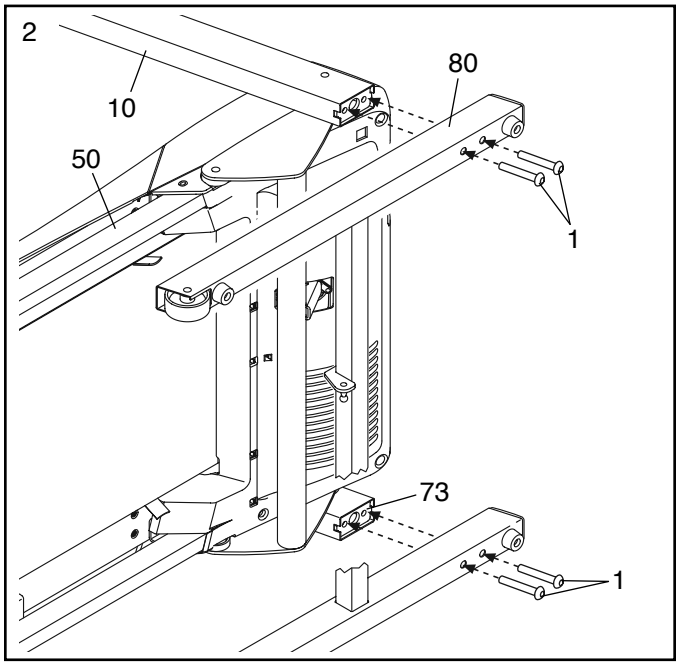


2. **Make sure that the power cord is unplugged.**

   With the help of a second person, carefully tip the treadmill onto its left side. Unfold the Frame (50) away from the Uprights (73, 10). **Do not lean on the Uprights.**

   Orient the Base (80) as shown. Attach the Base to the Uprights (73, 10) with four M10 x 65mm Screws (1). **Start all four Screws, and then tighten each of them.**

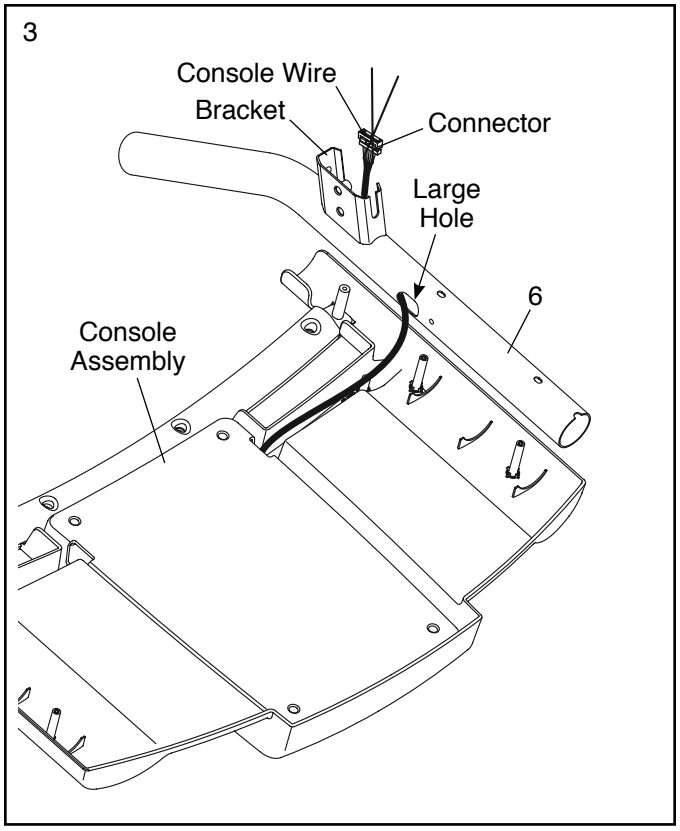
   Raise the Uprights (73, 10), so that the Base (80) is flat on the floor.



3. Set the console assembly face down on a soft surface to avoid scratching it.

   Identify the Right Handrail (6), which has a large hole in the location shown. Hold the Right Handrail near the console assembly.

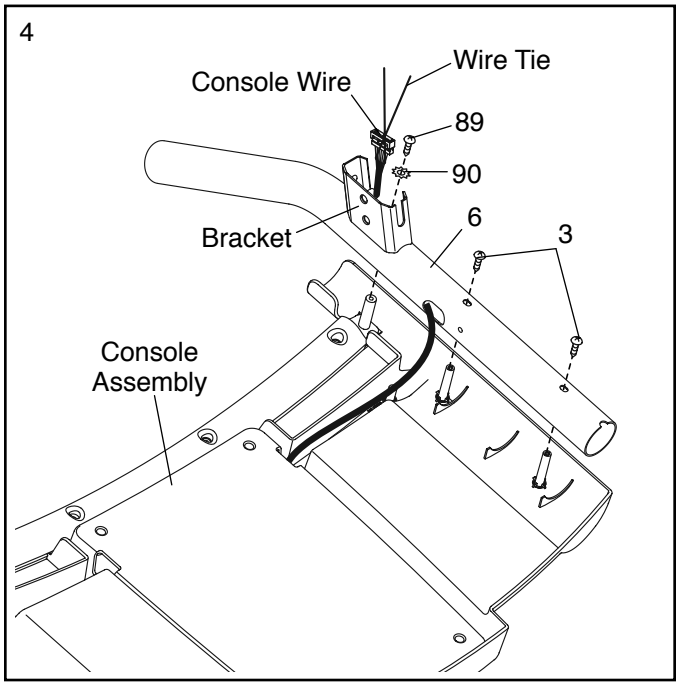
   Next, insert the console wire into the large hole in the side of the Right Handrail (6). Using needlenose pliers, carefully grasp the connector and pull the console wire out of the hole near the bracket on the Right Handrail.



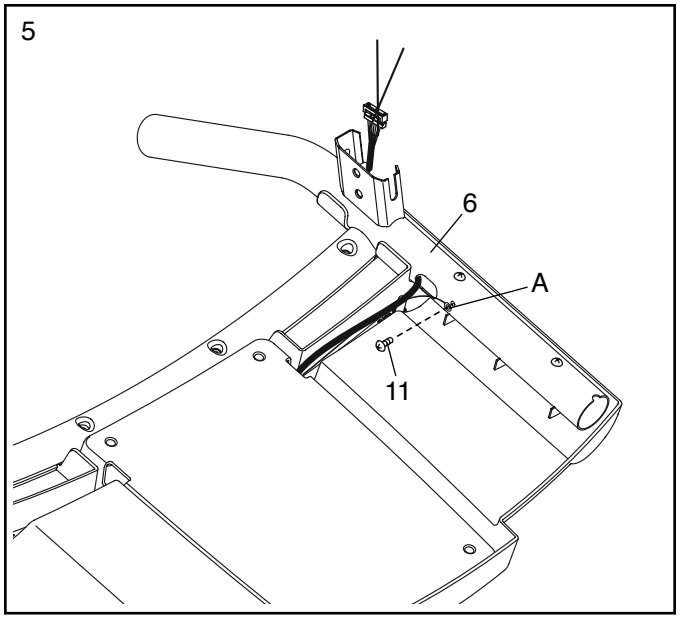
4. Set the Right Handrail (6) on the console assembly. **Make sure that the console wire is not pinched.**

   Start an M5 x 16mm Screw (89) with an M5 Star Washer (90) into the Right Handrail (6), and then start two M4.2 x 19mm Screws (3) into the Right Handrail. **Tighten the M5 x 16mm Screw and then tighten the two M4.2 x 19mm Screws; do not overtighten the Screws.**

   Attach the Left Handrail (not shown) to the console assembly in the same way. Note: There is not a wire on the left side.

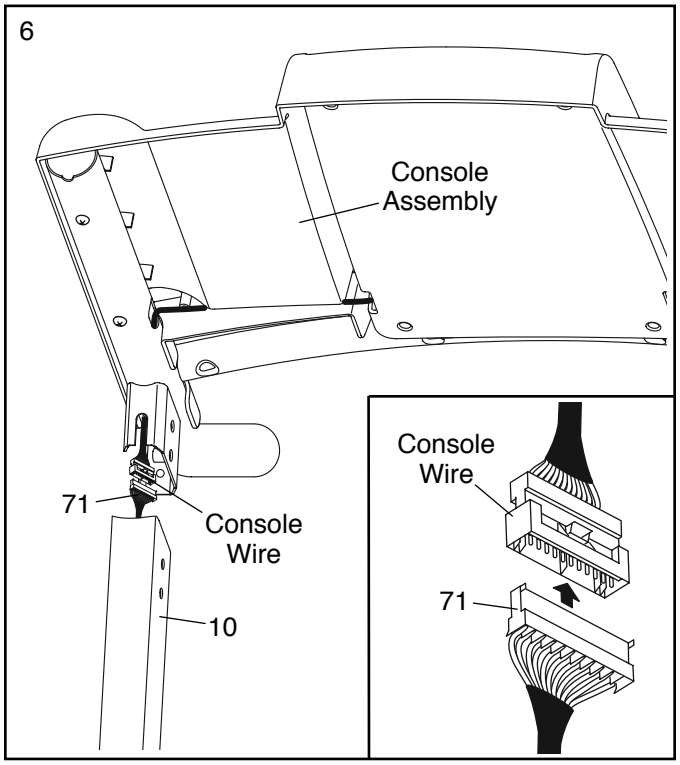


5. Attach the ground wire (A) to the Right Handrail (6) with an M4 x 10mm Screw (11).

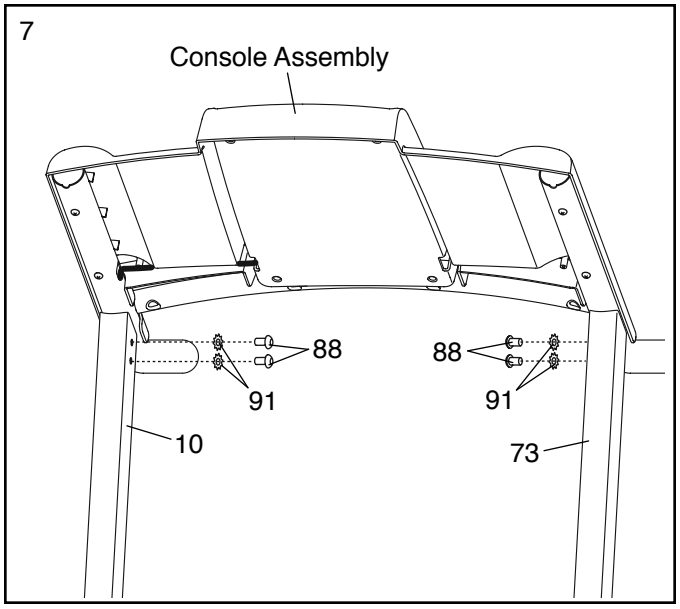


6. With the help of a second person, hold the console assembly near the Right Upright (10).

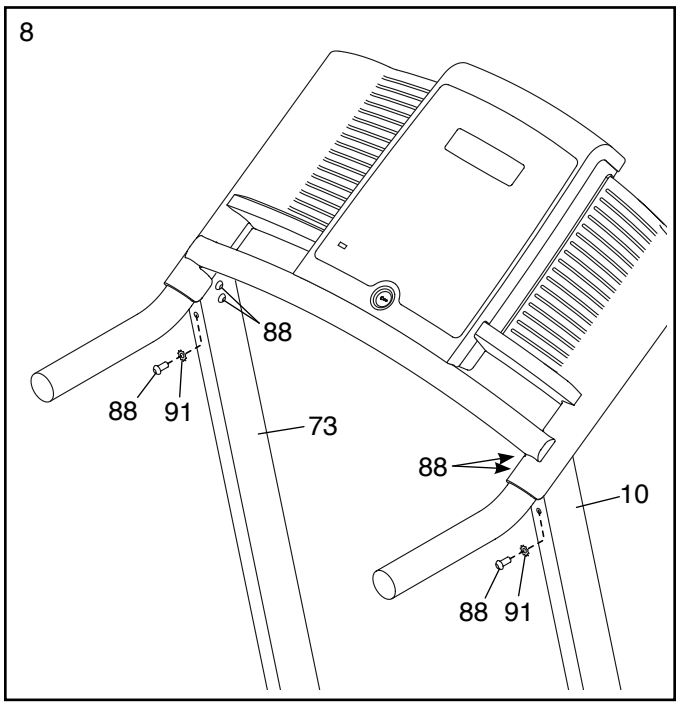
   Connect the Upright Wire (71) to the console wire. **See the inset drawing. The connectors should slide together easily and snap into place.** If they do not, turn one connector and try again. **IF YOU DO NOT CONNECT THE CONNECTORS PROPERLY, THE CONSOLE MAY BECOME DAMAGED WHEN YOU TURN ON THE POWER.** If there is a wire tie on the Upright Wire, remove the wire tie. Insert the connectors and the excess wire downward into the Right Upright (10).



7. Set the console assembly on the Uprights (73, 10). **Make sure that no wires are pinched.** Start four M8 x 15mm Screws (88) with four M8 Star Washers (91) into the Uprights as shown. **Do not tighten the Screws yet.**



8. Start an M8 x 15mm Screw (88) with an M8 Star Washer (91) into each Upright (73, 10). **Then, firmly tighten all six M8 x 15mm Screws.**



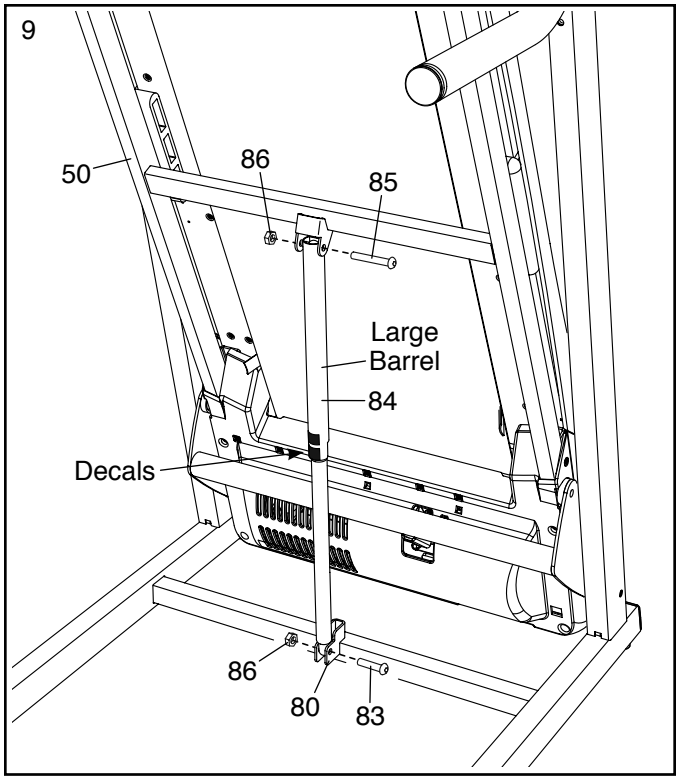
9. Raise the Frame (50) to the position shown. **Have a second person hold the Frame during this step**.

. Orient the Storage Latch (84) so that the decals are facing away from the treadmill as shown.

Attach the lower end of the Storage Latch (84) to the Base (80) with an M8 x 35mm Bolt (83) and an M8 Nut (86).

Attach the upper end of the Storage Latch (84) to the Frame (50) with an M8 x 50mm Bolt (85) and an M8 Nut (86).

Lower the Frame (50) (see HOW TO LOWER THE TREADMILL FOR USE on page 17).



10. **Make sure that all parts are properly tightened before you use the treadmill.** Keep the included hex keys in a secure place. One of the hex keys is used to adjust the walking belt (see pages 19 and page 20). To protect the floor or carpet, place a mat under the treadmill.

OPERATION AND ADJUSTMENT

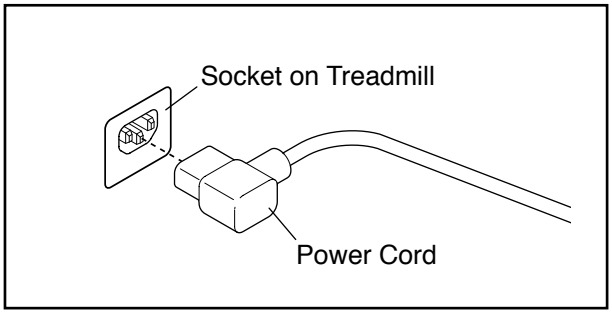
HOW TO PLUG IN THE POWER CORD

This product must be earthed. If it should malfunction or break down, earthing provides a path of least resistance for electric current to reduce the risk of electric shock. This product's power cord has an equipment-earthing conductor and an earthing plug. **IMPORTANT: If the power cord is damaged, it must be replaced with a manufacturer-recommended power cord.**

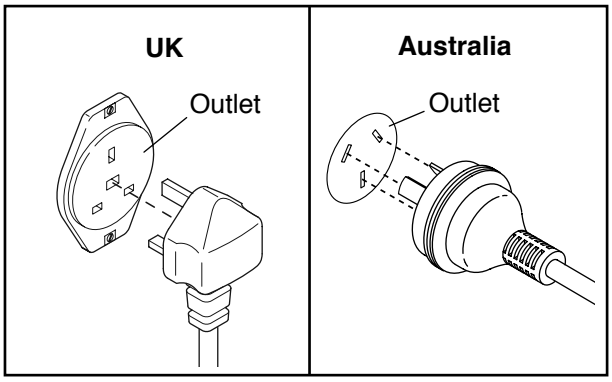
⚠ DANGER: Improper connection of the equipment-earthing conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly earthed. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

Follow the steps below to plug in the power cord.

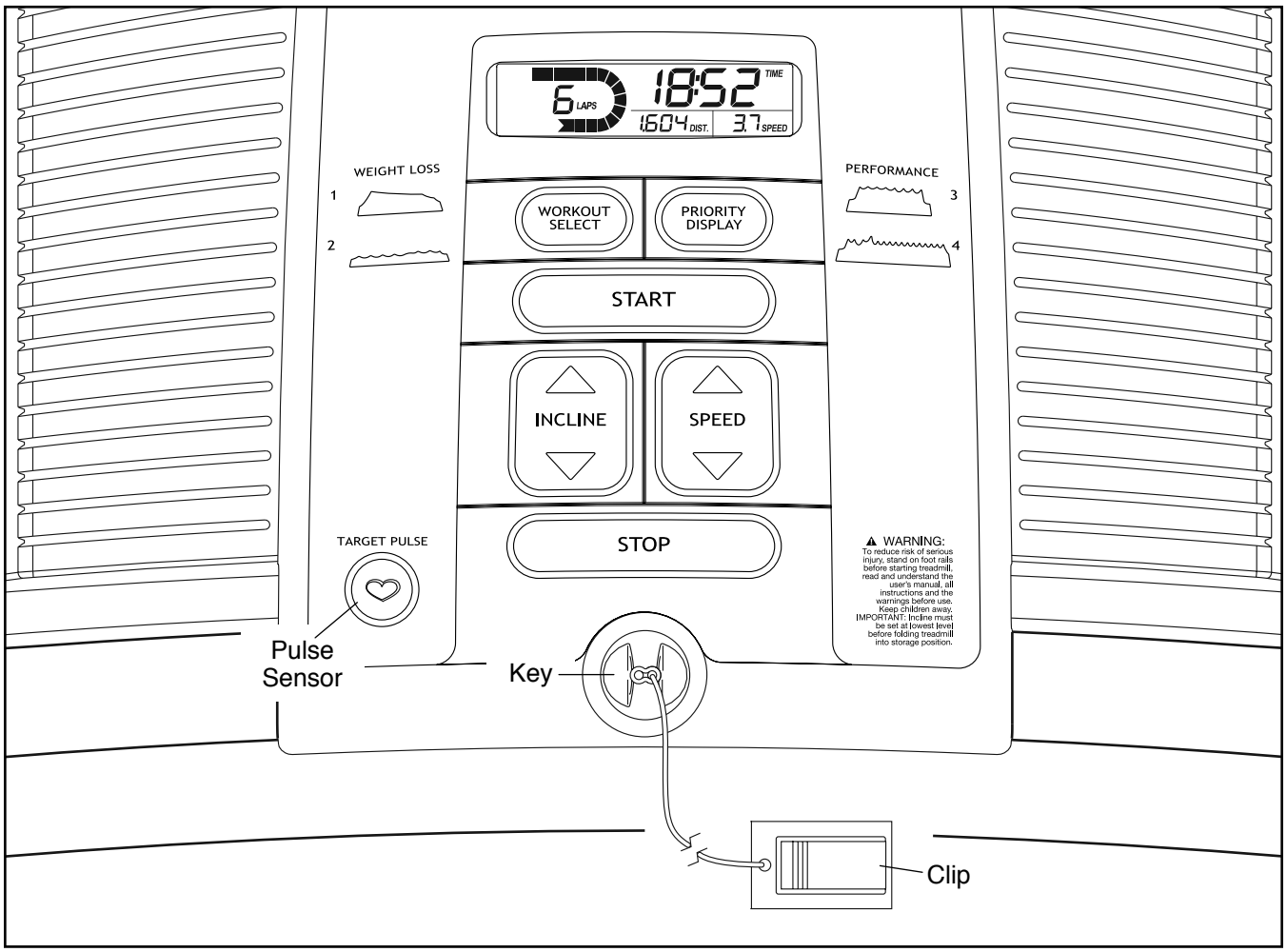
1. Plug the indicated end of the power cord into the socket on the treadmill.



2. Plug the power cord into an appropriate outlet that is properly installed and earthed in accordance with all local codes and ordinances.



CONSOLE DIAGRAM



FEATURES OF THE CONSOLE

The treadmill console offers a selection of features designed to make your workouts more effective. When the manual mode of the console is selected, the speed and incline of the treadmill can be changed with the touch of a button. As you exercise, the displays will provide continuous exercise feedback. You can even measure your heart rate using the thumb heart rate monitor.

The console also offers a selection of preset workouts. Each workout automatically controls the speed and incline of the treadmill as it guides you through an effective exercise session.

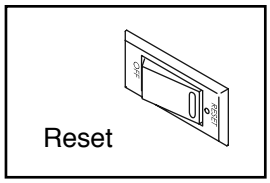
To turn on the power, see page 14. **To use the manual mode,** see page 14. **To use a preset workout**, see page 16.

IMPORTANT: If there is a sheet of plastic on the console, remove the plastic. To prevent damage to the walking platform, wear clean athletic shoes while using the treadmill. The first time the treadmill is used, observe the alignment of the walking belt, and center the walking belt if necessary (see page 20).

HOW TO TURN ON THE POWER

IMPORTANT: If the treadmill has been exposed to cold temperatures, allow it to warm to room temperature before you turn on the power. If you do not do this, you may damage the console displays or other electrical components.

Plug in the power cord (see page 12). Next, locate the power switch on the treadmill frame near the power cord. Make sure that the switch is in the reset position.



Next, stand on the foot rails of the treadmill. Locate the clip attached to the key (see the drawing on page 13), and slide the clip securely onto the waistband of your clothes. Then, insert the key into the console. After a moment, the displays will light. **IMPORTANT: In an emergency, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip.**

HOW TO USE THE MANUAL MODE

1. **Insert the key into the console.**

   See HOW TO TURN ON THE POWER above.

2. **Select the manual mode.**

   When the key is inserted, the manual mode will be selected. If you have selected a preset workout, reselect the manual mode by pressing the Workout Select button repeatedly until only zeros appear in the displays.

3. **Start the walking belt.**

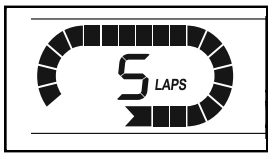
   To start the walking belt, press the Start button or the Speed increase button. The walking belt will begin to move at 1 Km/H. As you exercise, change the speed of the walking belt as desired by pressing the Speed increase and decrease buttons. Each time you press one of the buttons, the speed setting will change by 0.1 Km/H; if you hold down the button, the speed setting will change by 0.5 Km/H. Note: After you press the buttons, it may take a moment for the walking belt to reach the selected speed setting.

   To stop the walking belt, press the Stop button. The time will begin to flash in the display. To restart the walking belt, press the Start button or the Speed increase button.

4. **Change the incline as desired.**

   To change the Incline, press the Incline increase and decrease buttons. Note: After you press the buttons, it may take a moment for the treadmill to reach the selected incline setting.

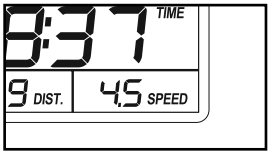
5. **Follow your progress with the displays.**



The track—The track represents a distance of 400 m (1/4 mile). As you walk or run on the treadmill, the indicators around the track will appear in succession until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession. The center of the track will show the number of laps that you have completed.

The lower left display—As you exercise, the lower left display can show the elapsed time and the distance that you have walked or run. Note: When a preset workout is selected, the lower left corner of the display will show the time remaining in the workout instead of the elapsed time.

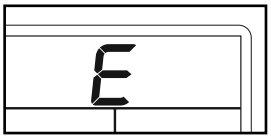
The lower right display—The lower right display can show the speed of the walking belt and the approximate number of calories that you have burned.



The priority display—The upper display is the priority display. The priority display can show the elapsed time, the distance that you have walked or run, the speed of the walking belt, or the approximate number of calories you have burned. Press the Priority Display button repeatedly until the priority display shows the information that you are most interested in viewing. Note: While information is shown in the priority display, the same information will not be shown in the lower left or right display.

To reset the displays, press the Stop button, remove the key, and then reinsert the key.

Note: The console can display speed and distance in either miles or kilometers. To see which unit of measurement is selected, hold down the Stop button, insert the key into the console, and then release the Stop button. An M for metric kilometers or an E for English miles will appear in the priority display. Press the Speed increase button to change the unit of measurement. When the desired unit of measurement is selected, remove the key and then reinsert it.



6. Measure your heart rate if desired.

To measure your heart rate, **stand on the foot rails** and place your thumb on the pulse sensor (see the drawing on page 13). **Do not press too hard, or the circulation in your thumb will be restricted and your pulse may not be detected.** When your pulse is detected, a heart-shaped indicator in the lower right display will flash each time your heart beats, one or two dashes will appear, and then your heart rate will be shown. **For the most accurate heart rate reading, hold your thumb on the pulse sensor for at least 15 seconds.**

If the displayed heart rate appears to be too high or too low, or if your heart rate is not displayed, lift your thumb for a few seconds, and then reposition your thumb on the pulse sensor. Remember to stand still while measuring your heart rate.

7. When you are finished exercising, remove the key from the console.

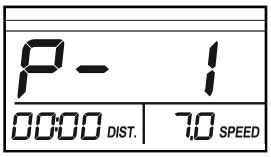
Step onto the foot rails, press the Stop button, remove the key from the console, and put it in a secure place. When you are finished using the treadmill, press the power switch into the off position and unplug the power cord. **IMPORTANT: If you do not do this, the treadmill's electrical components may wear prematurely.**

HOW TO USE A PRESET WORKOUT

1. **Insert the key into the console.**

   See HOW TO TURN ON THE POWER on page 14.

2. **Select one of the four preset workouts.**

   To select a preset workout, press the Workout Select button repeatedly; "P- 1," "P- 2," "P- 3," or "P- 4" will appear in the priority display for a few seconds to show which workout is selected. The maximum speed of the workout and the duration of the workout will also appear in the display for a few seconds.

   Each workout consists of 30 one-minute segments. One speed setting and one incline setting are programmed for each segment. Note: The same speed setting may be programmed for consecutive segments. The profiles on the console show how the speed of the walking belt will change during the workouts.

3. **Start the walking belt.**

   Press the Start button or the Speed increase button to start the workout. When you press the button, the treadmill will automatically adjust to the speed and incline settings that are programmed for the first segment. Hold the handrails and begin walking.

   At the end of each segment, a series of tones will sound. If different speed and/or incline settings are programmed for the next segment, the speed/incline setting will flash in the display to alert you and the treadmill will automatically adjust to the new speed/incline setting. The workout will continue in this way until the last segment ends. The walking belt will then slow to a stop.

   If the speed or incline setting is too high or too low during the workout, you can manually override the setting by pressing the Speed or Incline buttons; **however, when the current segment of the workout ends, the treadmill will automatically adjust to the speed and incline setting for the next segment.**

   To stop the workout temporarily, press the Stop button. The time will begin to flash in the display. To restart the workout, press the Start button or the Speed increase button. The walking belt will begin to move at 1 Km/H. When the next segment begins, the treadmill will automatically adjust to the speed and incline settings programmed for the next segment.

4. **Follow your progress with the displays.**

   See step 5 on pages 14 and 15.

5. **Measure your heart rate if desired.**

   See step 6 on page 15.

6. **When you are finished exercising, remove the key from the console.**

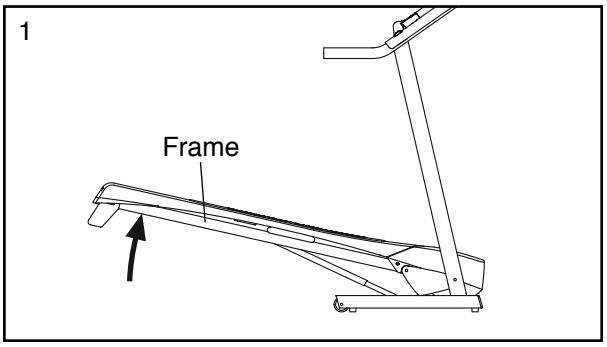
   See step 7 on page 15.

HOW TO FOLD AND MOVE THE TREADMILL

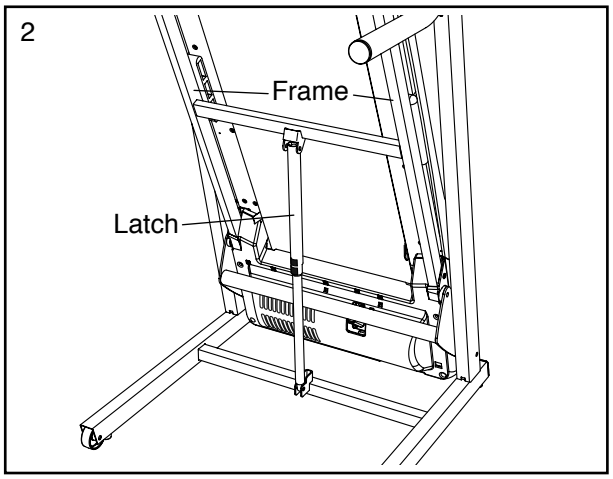
HOW TO FOLD THE TREADMILL

To avoid damaging the treadmill, adjust the incline to zero before you fold the treadmill. Then, remove the key and unplug the power cord. CAUTION: You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.

1. Hold the metal frame firmly in the location shown by the arrow below. **CAUTION: Do not hold the frame by the plastic foot rails. Bend your legs and keep your back straight.**



2. Raise the frame until the storage latch locks in the storage position. **CAUTION: Make sure that the storage latch locks.**

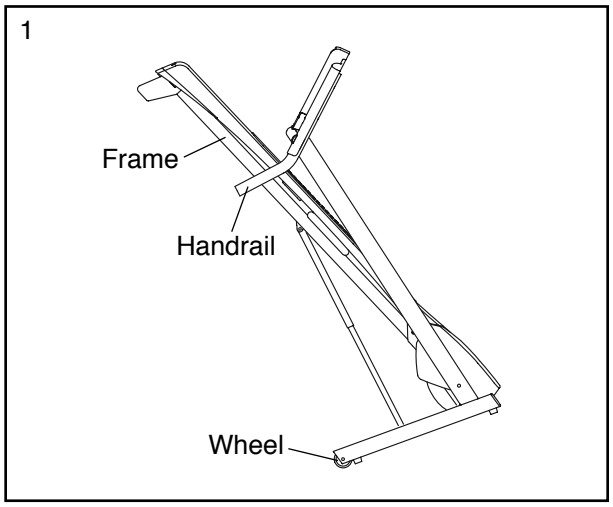


To protect the floor or carpet, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° F (30° C).

HOW TO MOVE THE TREADMILL

Before moving the treadmill, fold it as described at the left. **CAUTION: Make sure that the storage latch is locked in the storage position. Moving the treadmill may require two people.**

1. Hold the frame and one of the handrails, and place one foot against a wheel.

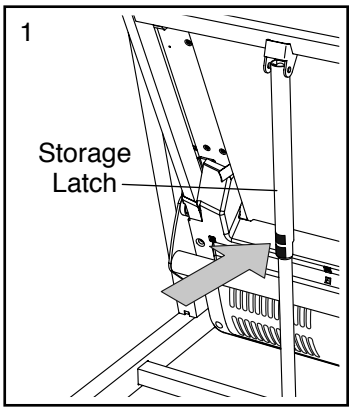


2. Pull back on the handrail until the treadmill will roll on the wheels, and carefully move it to the desired location. **CAUTION: Do not move the treadmill without tipping it back, do not pull on the frame, and do not move the treadmill over an uneven surface.**

3. Place one foot against a wheel, and carefully lower the treadmill.

HOW TO LOWER THE TREADMILL FOR USE

1. Press on the upper end of the treadmill, and press the storage latch with your foot in the location shown. Then, allow the frame to lower to the floor.



TROUBLESHOOTING

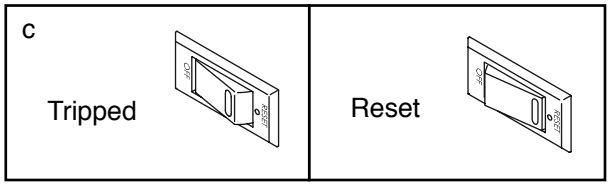
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please see the front cover of this manual.

SYMPTOM: The power does not turn on

a. Make sure that the power cord is plugged into a properly earthed outlet (see page 12). If an extension cord is needed, use only a 3-conductor, 14-gauge (1 mm^2) cord that is no longer than 5 ft. (1.5 m).

b. After the power cord has been plugged in, make sure that the key is inserted into the console.

c. Check the power switch located on the treadmill frame near the power cord. If the switch protrudes as shown, the switch has tripped. To reset the switch, wait for five minutes and then press the switch back in.



SYMPTOM: The power turns off during use

a. Check the power switch (see the drawing above). If the switch has tripped, wait for five minutes and then press the switch back in.

b. Make sure that the power cord is plugged in.

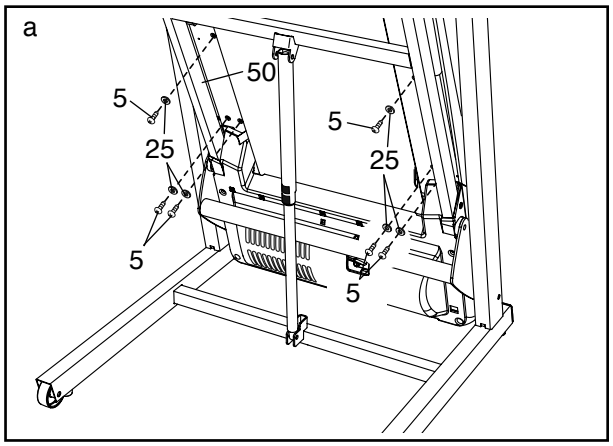
c. Remove the key from the console. Reinsert the key into the console.

d. If the treadmill still will not run, please see the front cover of this manual.

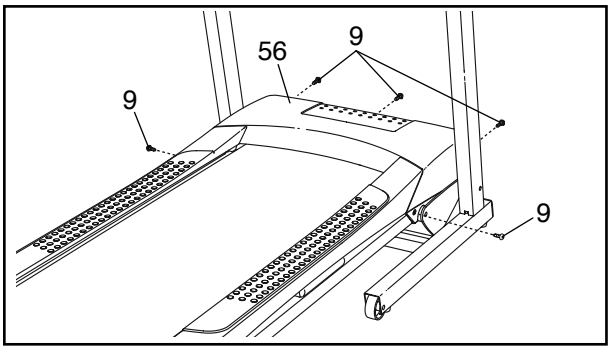
SYMPTOM: the displays of the console do not function properly

a. Remove the key from the console and **UNPLUG THE POWER CORD.** Place the treadmill in the storage position (see HOW TO FOLD THE TREADMILL on page 17).

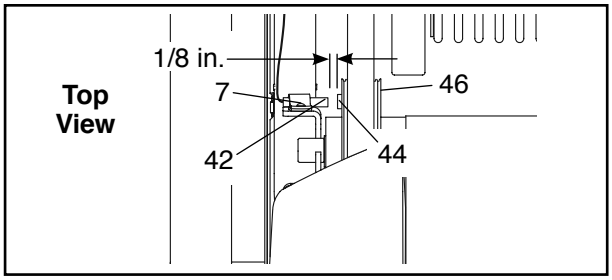
Remove the six indicated M4.2 x 13mm Washer Head Screws (5) and the six Foot Rail Flat Washers (25). Next, lower the Frame (50) (see HOW TO LOWER THE TREADMILL FOR USE on page 17).



Remove the five indicated M4.2 x 19mm Washer Head Screws (9). Then, carefully remove the Motor Hood (56).



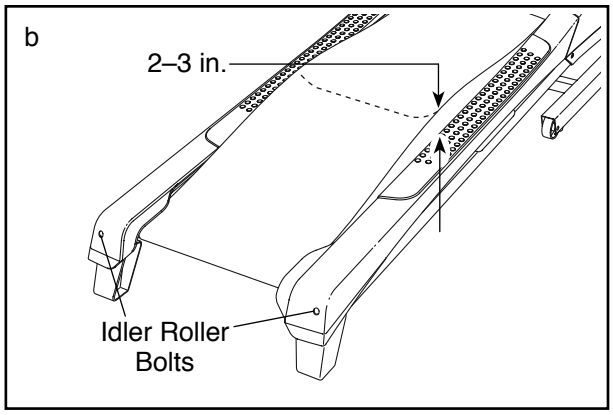
Locate the Reed Switch (42) and the Magnet (44) on the left side of the Pulley (46). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8 in. (3 mm).** If necessary, loosen the M4.2 x 13mm Tek Screw (7), move the Reed Switch slightly, and then retighten the Screw. Reattach the Motor Hood (not shown), and run the treadmill for a few minutes to check for a correct speed reading.



SYMPTOM: The walking belt slows when walked on

a. If an extension cord is needed, use only a 3-conductor, 14-gauge (1 mm^2) cord that is no longer than 5 ft. (1.5 m).

b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD.** Using the hex key, turn both idler roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 2 to 3 in. (5 to 7 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



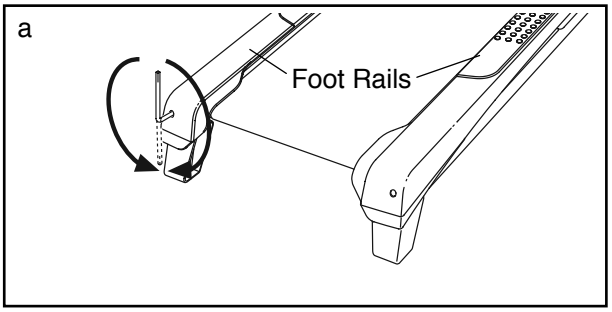
c. Your treadmill features a walking belt coated with high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform unless instructed to do so by an authorized service representative. Such substances may deteriorate the walking belt and cause excessive wear.** If you suspect that the walking belt needs more lubricant, see the front cover of this manual.

d. If the walking belt still slows when walked on, see the front cover of this manual.

SYMPTOM: The walking belt is off-center

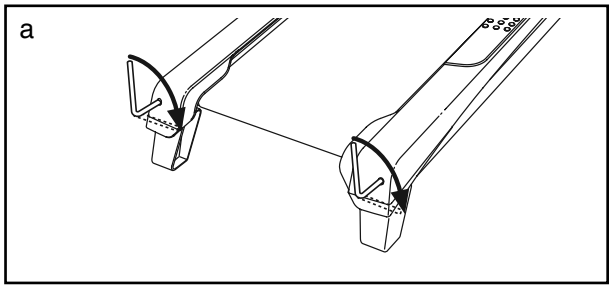
IMPORTANT: The walking belt should be centered between the foot rails. If the walking belt rubs against the foot rails, the walking belt may become damaged.

a. First, remove the key and **UNPLUG THE POWER CORD. If the walking belt has shifted to the left,** use hex key to turn the left idler roller bolt clockwise 1/2 of a turn. **If the walking belt has shifted to the right,** turn the left idler roller bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centered.



SYMPTOM: The walking belt slips when walked on

a. First, remove the key and **UNPLUG THE POWER CORD.** Using the hex key, turn both idler roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 2 to 3 in. (5 to 7 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



SYMPTOM: The incline of the treadmill does not change correctly

a. With the key in the console, press one of the Incline buttons. **While the incline is changing, remove the key.** After a few seconds, re-insert the key. The treadmill will automatically rise to the maximum incline level and then return to the minimum level. This will recalibrate the incline system.

EXERCISE GUIDELINES

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	*155*	*145*	*140*	*130*	*125*	*115*	♡
145	*138*	*130*	*125*	*118*	*110*	*103*	♡
125	*120*	*115*	*110*	*105*	*95*	*90*	♥
20	*30*	*40*	*50*	*60*	*70*	*80*	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your "training zone." The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses carbohydrate calories for energy. Only after the first few minutes of exercise does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise; never hold your breath.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch; never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

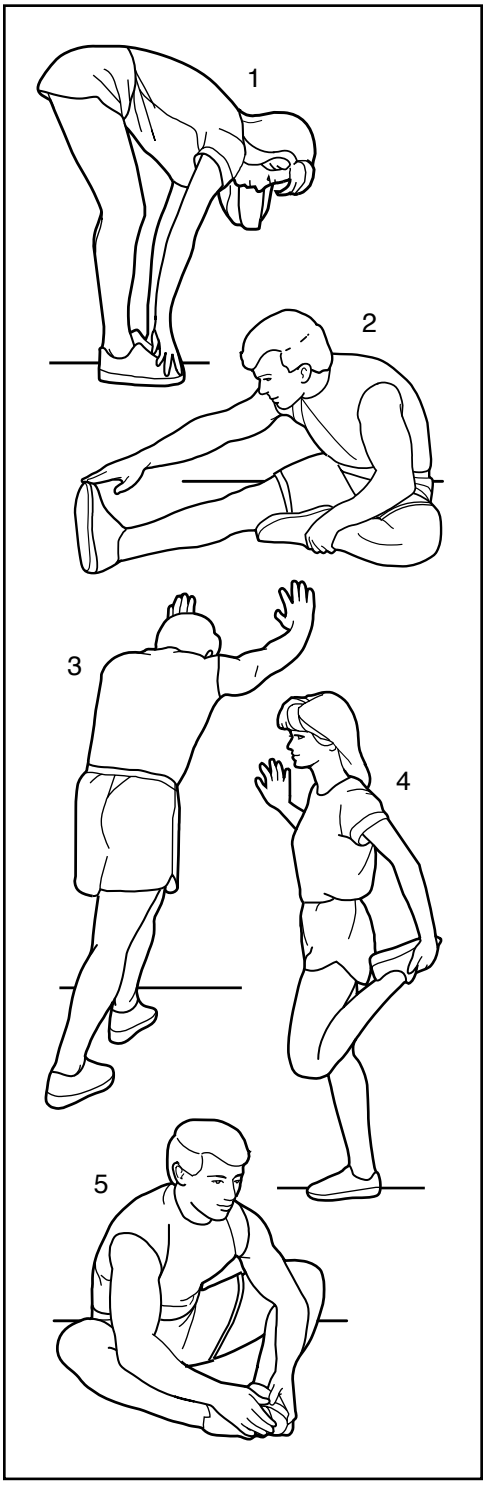
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



PART LIST

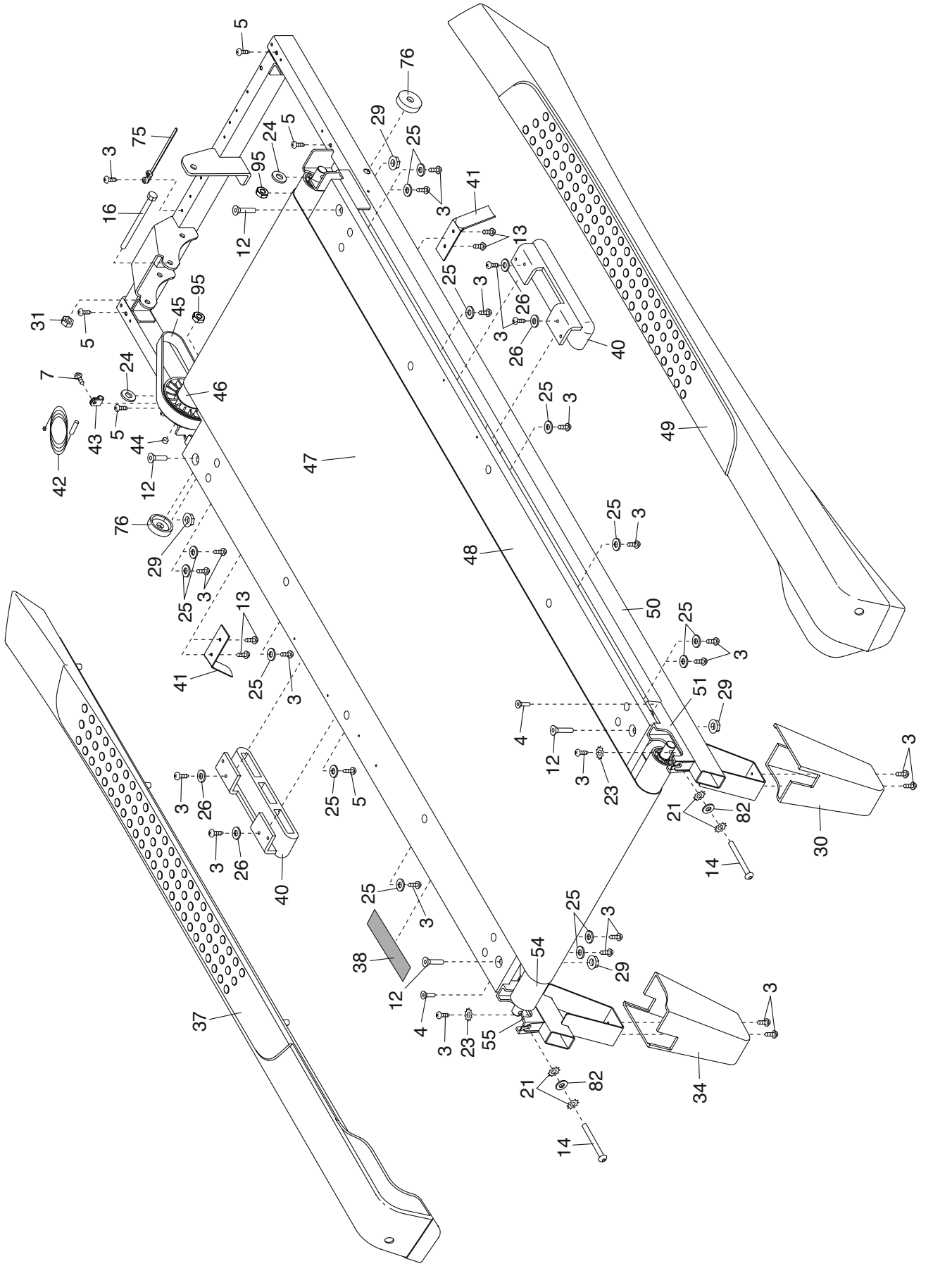
Model No. WETL49713.0 R0513A

Key No.	Qty.	Description
1	4	M10 x 65mm Screw
2	1	Pulse Crossbar
3	33	M4.2 x 19mm Screw
4	2	M8 x 35mm Screw
5	5	M4.2 x 13mm Washer Head Screw
6	1	Right Handrail
7	1	M4.2 x 13mm Tek Screw
8	4	M4.2 x 19mm Tek Screw
9	5	M4.2 x 19mm Washer Head Screw
10	1	Right Upright
11	9	M4 x 10mm Screw
12	4	M8 x 30mm Flat Head Bolt
13	4	M4.2 x 13mm Indented Screw
14	2	M6 x 70mm Screw
15	2	1/4" Motor Screw
16	1	M8 x 102mm Bolt
17	2	M8 x 20mm Bolt
18	2	3/8" x 2" Bolt
19	2	M10 x 58mm Screw
20	2	M10 x 60mm Screw
21	4	M6 Star Washer
22	2	M8.4 Star Washer
23	4	M4.2 Star Washer
24	2	Roller Spacer
25	14	Foot Rail Flat Washer
26	4	#8 Flat Washer
27	2	M10 Star Washer
28	1	3/8" x 1 1/4" Bolt
29	6	M8 Flange Nut
30	1	Right Rear Foot
31	1	M8 Nut
32	2	3/8" Locknut
33	3	#8 Hood Clip
34	1	Left Rear Foot
35	1	3/8" x 1 3/4" Bolt
36	1	Receptacle
37	1	Left Foot Rail
38	1	Latch Warning Decal
39	2	Caution Decal
40	2	Platform Cushion
41	2	Belt Guide
42	1	Reed Switch
43	1	Reed Switch Clamp
44	1	Magnet
45	1	Drive Belt
46	1	Drive Roller/Pulley
47	1	Walking Belt
48	1	Walking Platform
49	1	Right Foot Rail
50	1	Frame
51	1	Right Idler Roller Bracket
52	1	Incline Motor
53	1	Incline Frame
54	1	Idler Roller
55	1	Left Idler Roller Bracket
56	1	Motor Hood
57	1	Drive Motor Bracket
58	1	Drive Motor
59	1	Electronics Bracket
60	1	Controller
61	1	Belly Pan
62	1	Power Switch
63	1	Grommet
64	1	Power Cord
65	4	8" Tie
66	1	Releasable Wire Tie
67	1	Console Base
68	4	Handrail Cap
69	1	Left Handrail
70	1	Console
71	1	Upright Wire
72	2	Motor Bushing
73	1	Left Upright
74	1	Key/Clip
75	2	Wire Tie
76	4	Frame Spacer
77	2	Base Cap
78	4	Base Pad
79	2	Wheel
80	1	Base
81	1	Upright Grommet
82	2	1/4" Flat Washer
83	1	M8 x 35mm Bolt
84	1	Storage Latch
85	1	M8 x 50mm Bolt
86	2	M8 Nut
87	1	Filter
88	6	M8 x 15mm Screw
89	2	M5 x 16mm Screw
90	2	M5 Star Washer
91	6	M8 Star Washer
92	4	M4.2 x 16mm Screw
93	1	M4 x 10mm Bolt
94	2	M10 Flat Washer
95	2	M10 Nut
96	1	M4 Nut
*	–	User's Manual

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.

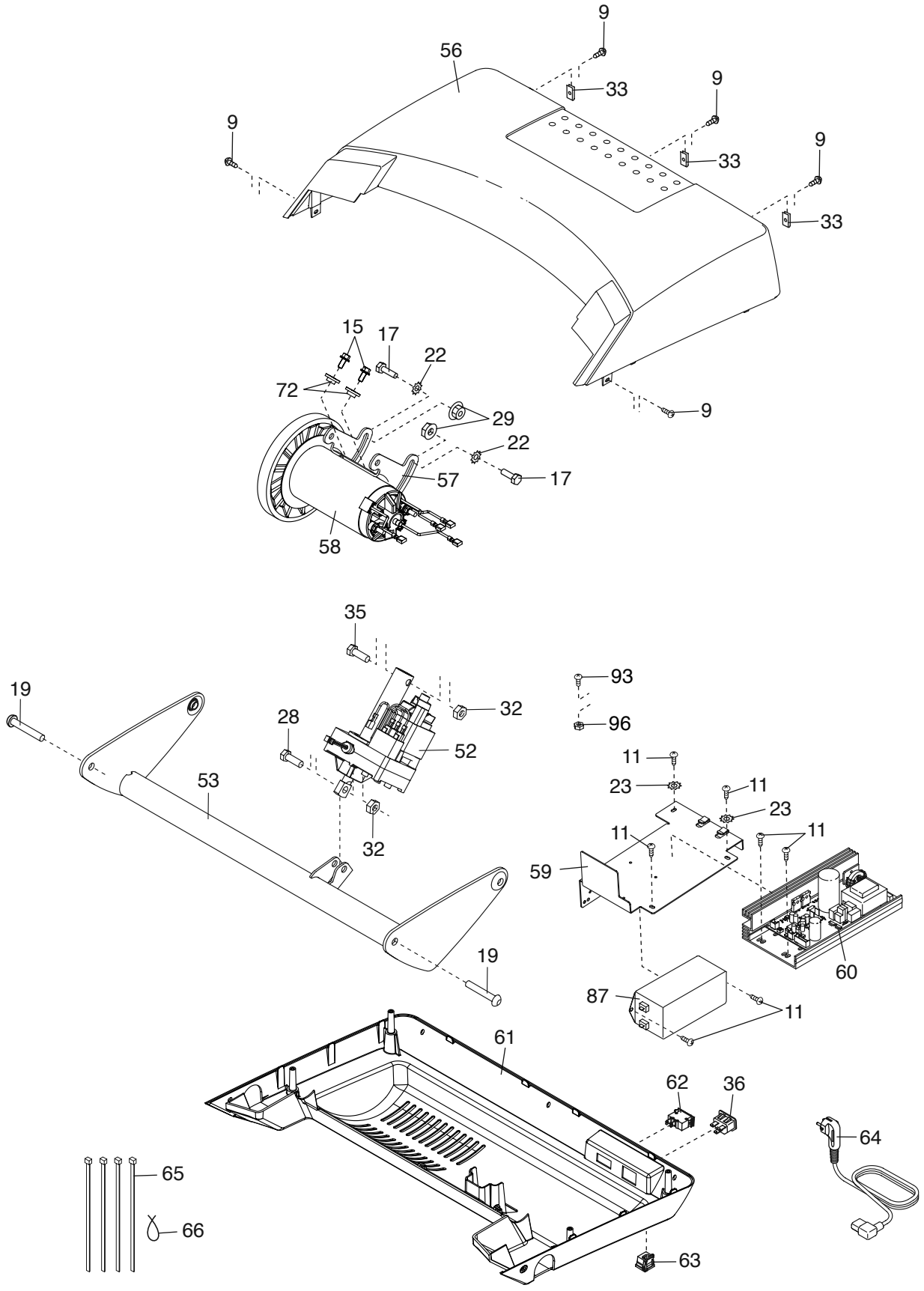
EXPLODED DRAWING A

Model No. WETL49713.0 R0513A



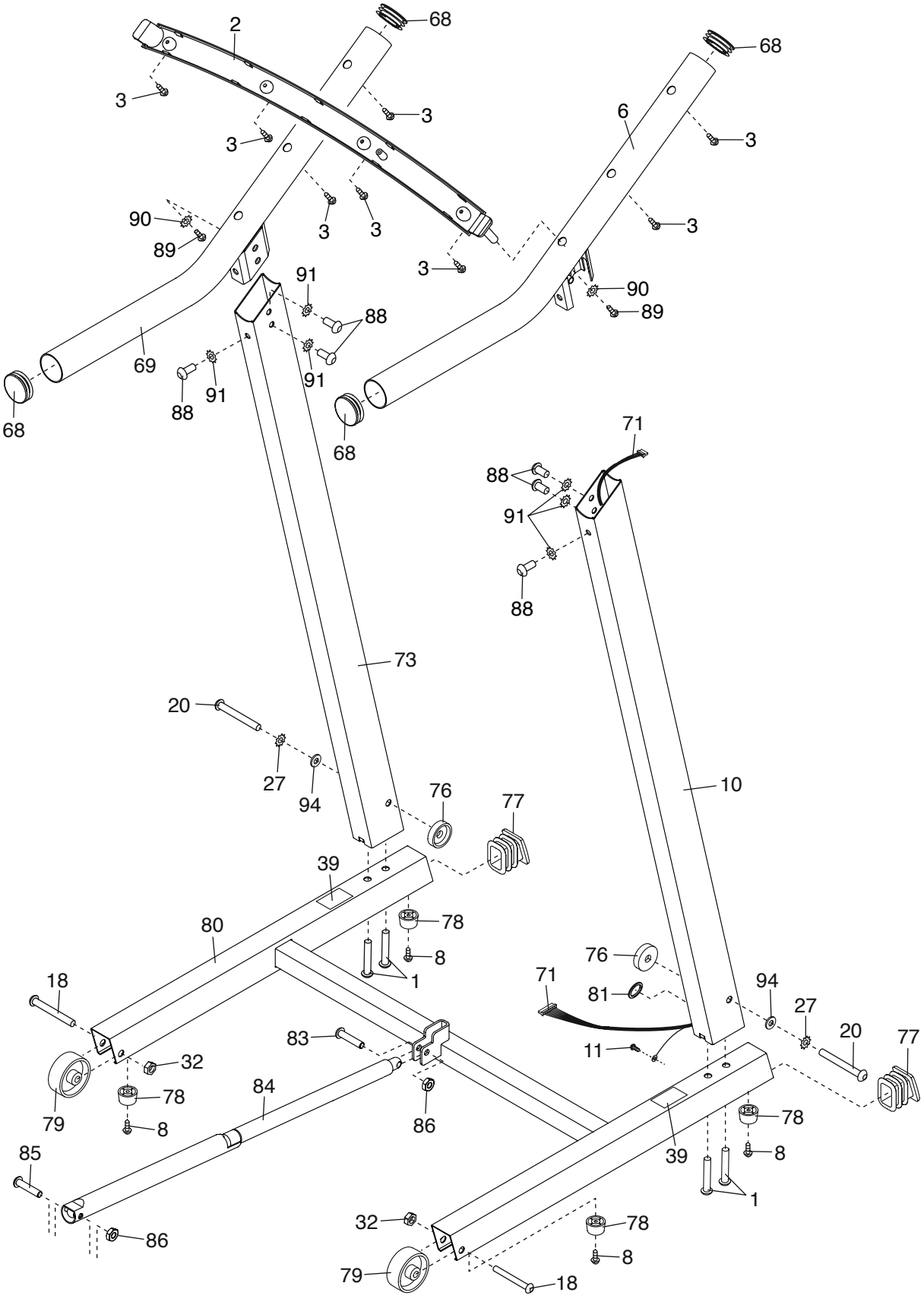
EXPLODED DRAWING B

Model No. WETL49713.0 R0513A



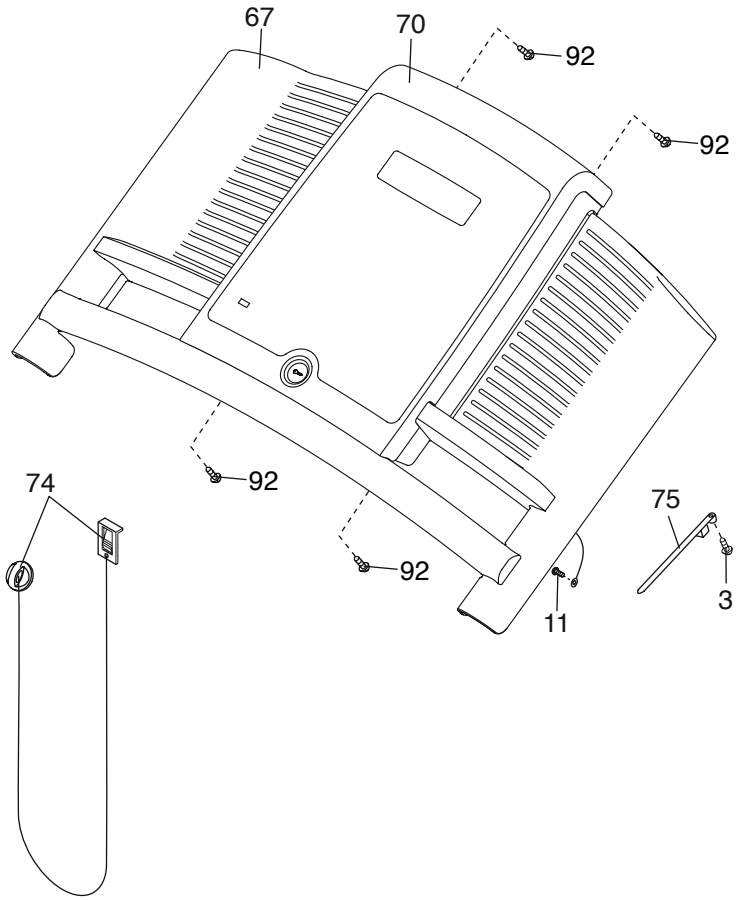
EXPLODED DRAWING C

Model No. WETL49713.0 R0513A



EXPLODED DRAWING D

Model No. WETL49713.0 R0513A



ORDERING REPLACEMENT PARTS

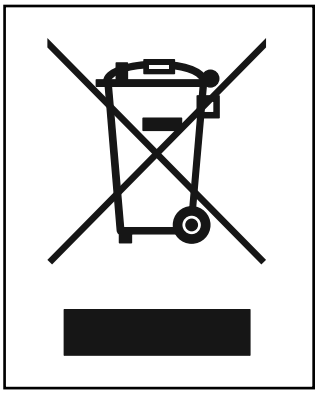
To order replacement parts, see the front cover of this manual. To help us assist you, please be prepared to provide the following information when contacting us:

- the model number and the serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

RECYCLING INFORMATION

This electronic product must not be disposed of in municipal waste. To preserve the environment, this product must be recycled after its useful life as required by law.

Please use recycling facilities that are authorized to collect this type of waste in your area. In doing so, you will help to conserve natural resources and improve European standards of environmental protection. If you require more information about safe and correct disposal methods, please contact your local city office or the establishment where you purchased this product.



Part No. 344149 R0513A

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